

## IVU Online News –February 2011

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### Table of Contents

**East and Central Africa Vegetarian Congress**  
**Anthology Probes Humans' Links to Other Animals**  
**The First Celebrity Vegan**  
**Book Investigates Cow's Milk and Human Health**  
**Is Global Warming Really Happening?**  
**How To Convince Family Members**  
**A Vegan Entrepreneur's Story**  
**Meat Demand Hit by Media Coverage**  
**How To Respond to This Argument? #2**  
**Is the Health Argument for Veg a Good One?**  
**Upcoming Events**  
**Welcome to Organisations That Have Recently Registered with IVU**  
**Other Online Sources of Veg News**  
**Please Send News to IVU Online News**

### East and Central Africa Vegetarian Congress

*IVU Regional Coordinator for Africa, Emmanuel Eyoh (in the pink shirt in the photo, and on the left is Satwinder Singh Sian, chairman of the Vegetarian Society of Kenya.), sent the following report. (Photos and more info at [www.ivu.org/africa/nairobi](http://www.ivu.org/africa/nairobi).)*



We held the East and Central Africa Vegetarian Congress in Nairobi Kenya Dec 17-18, 2010. It was the 3rd vegetarian congress in Africa and the 1st outside West Africa. As most people know I believe very much in grassroots vegetarianism - taking vegetarian issues to people. That is why vegetarian congresses in Africa always consist of a Walk, Food Distribution and the congress proper.

We attached much importance to the Nairobi congress as we hope to hold the first-ever African World Vegetarian Congress in Nairobi come 2014. The 2010 regional congress turned out to be a rather successful congress. We saw the full participation of the well known Kenyan female politician, activist and presidential hopeful Dr Julia Ojumba in the congress and feeding events. We also had much more press coverage than the previous congresses in Nigeria and Ghana, and we were very encouraged by the successes of the IVU Africa charity feeding initiatives. Last but not least, we were delighted that John Davis, the IVU Manager was part of the pre-congress programme.

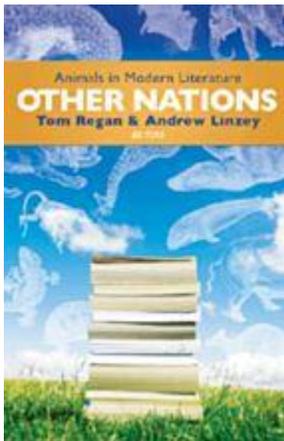
During the charity programme, we were able to feed several hundred needy persons with vegan food. It re-enforces my belief that the solution to hunger and malnutrition in Africa is moving far away from meat centred diets and towards plant-

centred diets. The charity programme involved partnerships with other organizations, including Rotary International, Food for Life Global and other organizations in Kenya to serve vegan food to needy persons.

The Vegetarian Society of Kenya will continue with the feeding programme. The IVU Africa Fund supports feeding programme and congresses in Africa. We request everyone to contribute to the IVU Africa Fund, and come 2014, we hope to have a great and successful World Vegetarian Congress in Africa.

Finally, IVU Africa wishes to say a BIG THANK YOU to all the individuals and organizations that supported the Kenya congress and the IVU Africa feeding programme in one form or other: IVU International Council, for their support and encouragement; John Davis the IVU Manager for joining us for the 1st time in Africa and being instrumental in raising funds for IVU Africa programmes; FARM [USA] for funding support via its Sabina Fund; Hare Krishna's Food For Life Global; the Brahma Kumaris Organisation; Hare Krishna Temple, Nairobi; the Ananda Marga organization; the president, secretary and members of the Vegetarian Society of Kenya; and all the donors to the IVU Africa Fund and all our well-wishers.

We look forward to your support and participation at the South Africa Vegetarian Congress in South Africa in 2011!



### **Anthology Probes Humans' Links to Other Animals**

'Other Nations: Animals in Modern Literature', edited by Tom Regan and Andrew Linzey, is the world's first anthology designed to employ the power of fiction to illuminate our moral relationship with animals. *Other Nations* includes the writing of such well-known authors as Ernest Hemingway, George Orwell, and Alice Walker. Organizing the literary pieces according to the means by which human beings relate to the non-human animals discussed—as companions, as sources of food, as objects of sport and entertainment, and as subjects in scientific research— enables readers to relate these texts (and these non-human animals) to their own experiences and to the manifold issues now discussed in public forums.



### **The First Celebrity Vegan**

According to the internet, current celebrity vegans include talk show host Ellen DeGeneres, musician Moby and ultramarathoner Scott Jurek. IVU (International Vegetarian Union) historian John Davis tells us that the first vegan celebrities appears to have been the 19<sup>th</sup> century poet Percy Bysshe Shelley. Read more at: [www.vegsource.com/john-davis/shelley---](http://www.vegsource.com/john-davis/shelley---the-first-celebrity-vegan.html)

[the-first-celebrity-vegan.html](http://www.vegsource.com/john-davis/shelley---the-first-celebrity-vegan.html) Does anyone know of any celebrity who might have preceded Shelley in being a vegan, even if for a short time?

## Book Investigates Cow's Milk and Human Health

Here are excerpts from Dr Ruth Heidrich's (of Vegetarian Society of Hawaii - [www.vsh.org](http://www.vsh.org)) review of *Whitewash: The Disturbing Truth about Cow's Milk and Your Health* by Joseph Keon:

[www.vegsource.com/news/2010/12/book-review-whitewash-the-disturbing-truth-about-cows-milk-your-health.html](http://www.vegsource.com/news/2010/12/book-review-whitewash-the-disturbing-truth-about-cows-milk-your-health.html)



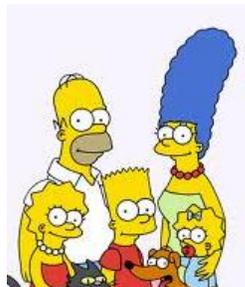
If you or anyone you care about still consumes dairy products, the information in this book can be life saving. Why? Well, it takes nearly 300 pages, including the scientific studies that back up Dr. Keon's statements, to cover the data that support the contentions that dairy is dangerous to human health!

Just scanning the Table of Contents, you get the idea that milk-lovers might be in for a rough ride. For example, how about diarrhea, anemia, arthritis, migraines, asthma, breast, prostate and ovarian cancers, SIDS, Type 1 diabetes, osteoporosis, and maybe the not-so-fatal but extremely annoying gas, bloating, eczema, runny nose, acne, fatigue, constipation, growth retardation, psychological disturbances, and/or lowered IQ.

Behind each of these, you'll get the science supporting these findings. ... Contrary to what we've been told since childhood, the scientific literature does not support the claim, for example, that cow's milk protects human bones from fracture. There are over 70 foods from the plant kingdom that provide not only calcium, but also are packaged with the many other nutrients essential to bone health. These foods are free of the cholesterol, lactose, the hormones and growth factors, and the antibiotic residues found in cow's milk.

## Is Global Warming Really Happening?

Many scientists and policy makers are calling on people to reduce or end their consumption of animal based foods in order to slow climate change. However, given heavy snows and low temperatures in Europe and elsewhere, some people are wondering whether global warming can be real, or are vegetarians who warn that we must reduce meat consumption just scaremongers. The reality is that 2010 will probably be among the three warmest years on record, and 2001 through 2010 the warmest decade on record. Read more at [www.nytimes.com/2010/12/26/opinion/26cohen.html?src=me&ref=general](http://www.nytimes.com/2010/12/26/opinion/26cohen.html?src=me&ref=general)



## How To Convince Family Members

It's nice when our family members are also vegetarians, but many times things don't work out that way and food becomes a divisive issue among our family members. Here are some suggestions on what to do:

[www.veganoutreach.org/advocacy/family.html](http://www.veganoutreach.org/advocacy/family.html)

If you have other suggestions, please send them to [george@vegetarian-society.org](mailto:george@vegetarian-society.org) for possible inclusion in the next issue of *IVU Online News*. Success stories are also welcome. Thanks in advance. You may also want to ask the members of your organisation for their experiences.



## **A Vegan Entrepreneur's Story**

Singapore's Linda Loo - [www.rawfoodlifestyles.com](http://www.rawfoodlifestyles.com) - teaches a holistic approach to wellness, featuring vegan food and yoga. Here's Linda's inspiring story, followed by listings for two of her upcoming workshops. The bit about it being 'totally achievable' is especially nice.

Five years ago this very same day, I made a resolution to quit smoking and drinking; a year later on New Year's Eve, I made a new resolution to clean up my diet and radically change my eating habits.

Looking back on my entire four years of transition, and living a raw vegan's lifestyle with consistent yoga now, I have so much more energy, clarity and fitness breakthroughs that I simply cannot imagine living my life any other way. Did you just make New Year Resolutions towards healthy living just like I did years ago?

If you did, I wish to applaud you on displaying courage and strength. And of course, I'd like to encourage you that it is **TOTALLY ACHIEVABLE!**

After teaching for 3 years, and in what seemed to be no more than a blink of the eye, I've witnessed the transformations and quantum jump of health conscious people in Singapore and Asia. More and more people are experiencing these health transformations, reaping the benefits and enjoying better qualities of life than ever. And I'm both honored and inspired to be part of this evolution.

If we look around us with clarity, we realize that the world is changing rapidly, and both planet & people are getting sicker by the day. The alarming news is that these symptoms show no signs of improving; but the good news is: we each have a choice over our health and wellness level. The first thing to exercise consciousness over is our **DIET**.

## **Meat Demand Hit by Media Coverage**

Consumers are increasingly interested in how their food is grown, and a recent study shows that media coverage of animal welfare issues does have an impact on demand for meat.

The study, that involved a search of U.S. newspapers and magazines from 1982 to 2008, suggested that media attention to animal welfare issues has not directly impacted beef demand. It did, however, reduce pork and poultry demand (...)



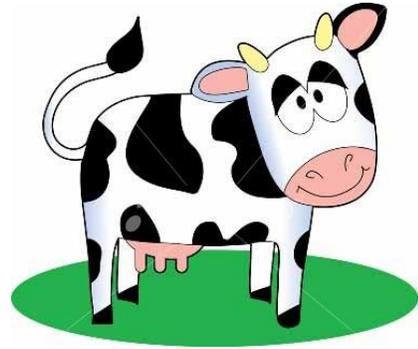
The research found that increased media attention caused a reallocation of consumers' expenditures to nonmeat food rather than a reallocation of expenditures across competing meat products... [www.evana.org/index.php?id=62422](http://www.evana.org/index.php?id=62422)

## How To Respond To This Argument? #2

Last year, we started a series based on an article from the Care2 website -

[www.care2.com/causes/animal-welfare/blog/10 Arguments Against A Vegan Lifestyle](http://www.care2.com/causes/animal-welfare/blog/10_Arguments_Against_A_Vegan_Lifestyle) - that lists responses to frequently heard arguments against being vegetarian.

Below is the second argument with Care2's response. Please send additional or alternative responses for publication in our next issue. Thanks.



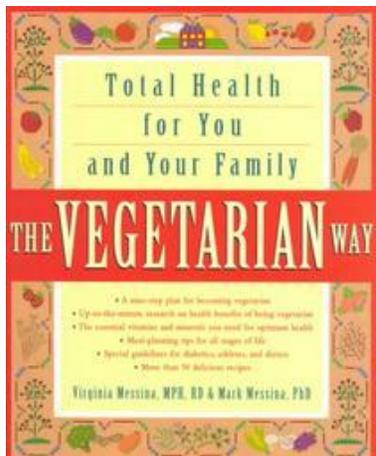
*ARGUMENT #2: If we didn't milk cows, their udders would explode and they would die."*

It is true that if a dairy cow is not relieved of the milk her udders are producing, they can become so painfully distended and swollen with milk that she may be incapable of walking to reach water or food and, therefore, die.

The reason this is remarkably rare in nature is that bovine animals, like virtually all mammals, only lactate after giving birth or when they have nursing young.

Because farmers want to take milk from a cow who is producing it, they steal her newborn calf from her and instead hook her up to milking machines that roughly simulate the nursing of calves. If a farmer forgets or neglects to milk cows who have had their babies taken from them, the cows will moo their distress from the incredible discomfort.

If farmers didn't take calves from their mothers, they would suckle naturally every 20 minutes or so and the mother cow would never experience the discomfort and potentially lethal result of underutilized milk.



## Is the Health Argument for Veg a Good One?

Virginia (Ginny) Messina is a well-known author of advice on vegetarian diets. Recently, in her blog, 'The vegan r.d.' (registered dietician), she posted the following controversial viewpoint: 'How the health argument fails veganism'. Read what Ginny wrote as well as the ensuing dialogue with readers of the blog at [www.theveganrd.com/2010/11/how-the-health-argument-fails-veganism.html](http://www.theveganrd.com/2010/11/how-the-health-argument-fails-veganism.html)

Ginny welcomes your feedback. You might also want to see what members of your local veg organisation think.



**Raw Spirit Festival** – 11-15 February, 2011 – Maui, Hawaii, USA - [www.rawspirit.com](http://www.rawspirit.com)

**Meatout** – On or around 20 March, 2011 (and every year) – Internationally (about 25 countries) - [www.meatout.org](http://www.meatout.org)

**2nd Latin American Vegetarian Congress** in Bolivia – June, 2011 – exact place and date to be announced - [marly.winckler@gmail.com](mailto:marly.winckler@gmail.com)

**13th International Vegan Festival** – 4-12 June, 2011 - Malaga, Spain  
[www.ivu.org/veganfest/2011](http://www.ivu.org/veganfest/2011)

**7th Asia for Animals Conference** – 10-14 June, 2011, Chengdu, China - [www.asiaforanimals.org](http://www.asiaforanimals.org)

**VegSource Healthy Lifestyle Expo 2011** - 14-16 October, 2011, Los Angeles, USA - [www.HealthyLifestyleExpo.com](http://www.HealthyLifestyleExpo.com)

**3rd China Xiamen Veg Food Fair and International Forum** – October 20-23, 2011 – [www.vffair.com](http://www.vffair.com)

**5th Asian Vegetarian Congress** – 8-9 November, 2011, Hangzhou, China - [www.apcnsorg.com/avuc](http://www.apcnsorg.com/avuc) / [www.eyy8.com/avuc](http://www.eyy8.com/avuc)

**2012 IVU World Vegetarian Congress** – Oct, 2012, San Francisco (USA)

## **Welcome to Organisations That Have Recently Registered with IVU**

### **UK**

Plantarian - <http://www.plantarian.org>

World Try Vegan Day 2011 - [www.worldveganday.org.uk](http://www.worldveganday.org.uk)

### **USA**

Ramonathebus.com - [www.ramonathebus.com](http://www.ramonathebus.com)

## Other Online Sources of Veg News

In addition to *IVU Online News*, there are many other places to go online for general veg-related news, rather than news mostly about one country or one organisation. Here are some.



1. Dawn Watch - [www.dawnwatch.com/alerts.htm](http://www.dawnwatch.com/alerts.htm)
2. European Vegetarian Union - [www.evana.org](http://www.evana.org)
3. Farmed Animal Net - [www.farmedanimal.net](http://www.farmedanimal.net)
4. Vegan Outreach - [www.veganoutreach.org/enewsletter](http://www.veganoutreach.org/enewsletter)
5. VegE-News - [www.vege-news.com](http://www.vege-news.com)
6. VegNews - [www.vegnews.com](http://www.vegnews.com)
7. VegSource - [www.vegsource.com/cgi-bin/dada/mail.cgi](http://www.vegsource.com/cgi-bin/dada/mail.cgi)
8. AnimalConcerns.org doesn't have a newsletter, but they post stories daily at [www.animalconcerns.org/categories.html?do=shownews](http://www.animalconcerns.org/categories.html?do=shownews)
9. IVU-Veg-News E-Mail List - [www.ivu.org/news/veg-news](http://www.ivu.org/news/veg-news)

## Please Send News to IVU Online News

| [Dear Veg Activist](#)

Please use this newsletter as a way to share your knowledge, ideas and experiences with fellow veg activists.

Thx. -- George Jacobs - [george@vegetarian-society.org](mailto:george@vegetarian-society.org)



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